



The Fleet Foot



\$2.00

Volume 31 Issue 2 **Newsletter of the Gulf Winds Track Club**

Feb. 2006

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In this Issue

Minutes	4-5
Race Calendar	9-10
Back of the Pack	11
Featured Feet	12-13
Race Results	18-23
Award Report	24-31

Upcoming Grand Prix Races

- Feb. 11 Cookie Run 5K/1M
- Apr. 1 Springtime 10K/1M
- Apr. 29 Meals on Wheels 5K



Overall Grand Prix Winners - Tim Unger w/Lily (3rd), Reid Vannoy (1st), Eric Smith (5th), Kirsten Baggett (2nd)



Kids GP winners - Danielle Jackman (2nd 10-14), Melissa Jackman, (3rd 10-14), Jamie Wright (4th 10-14), Jacob Fortunas (2nd-10-14), Samantha Fortunas (1st 10-14), Cheslyn Donaldson (2nd 1-9), Wayne Kiker (1st 1-9) and Wesley Schofield (1st 10-14)

Personal Records

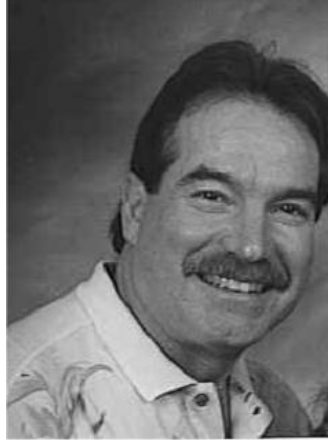
Terry Ryan 51:43
Bridge 10K

**Board Meeting Schedule
7:30 p.m**

**Feb. 8 Charlie Yates
Mar. 14 Margarete Deckert**

**Pulpits Happen
Tom Perkins**

I would like to congratulate all the 2005 Grand Prix award winners and annual award winners. January 14 was a memorable night for impressive speeches and heartfelt, gracious acceptances. As always, I am proud and humbled to be a part of this community we call Gulf Winds Track Club.



one step ahead of me. He was already there, wearing his patented smile, waiting on me. As a race director, he is invaluable..... therefore the **RRCA's Volunteer of the Year Award** goes to my good friend, **Bill Lott**.

I would also at this time like to let everyone know the results of an

Unfortunately, there was an award that was not presented on that auspicious night. Due to unforeseen circumstances, we were not informed of this award until some days after the January 14 awards ceremony. I am proud to announce that the Road Runners Club of America's Volunteer of the Year Award is presented to.....let me break in here for a minute.

This honoree is a pain. I told him I was going to start setting up for the 28th *Springtime Tallahassee 10K* at 4:30 a.m. Saturday morning. Well, I showed up on time, only to find that he had already marked half the course. So for the 29th *Springtime Tallahassee 10K*, I told him to meet me at 4:00 a.m., thinking that I would get down there at 3:30 a.m. Again, he was already there marking the course. Now, I was determined. For the 30th *Springtime Tallahassee 10K*, I told him again I would meet him there at 4:00 a.m. But this time, I was going to be there at 3:00 a.m. I thought, "SNAP, I've got him now." But, no matter what actions I take, I've learned that he will always be

experiment I have been conducting with a genetics research lab in Scotland. For the past few years I have been taking small samples of Bill Lott's hair ever so discreetly. I had hoped that the lab researchers who produced Dolly, the cloned sheep, could clone Bill. The results have been mixed. We have not produced an exact human replica. We do now have a sheep that lines up all the other sheep in a straight line before they go through the stockyard gate, and not one gets out of order. I will keep trying, but we may have to face it... There is only one Bill Lott.

NOTE:

This award was presented by another invaluable GWTC member, David Yon, at the GWTC 30K/15K post race awards ceremony.

See photo on page 5.

GULF WINDS TRACK CLUB

December 14, 2005 Business Meeting Hosted by Judy Alexander and Brian Corbin

Board/GWTC Members present: **David Yon, Beth Alexander, Fran McLean, Nadine Dexter, Clint Watkins, Judy Alexander, Brian Corbin, Bonnie Wright, Fred and Margarete Deckert, Charlie Yates, Terry Ryan, Jerry and Jackie McDaniel, Kathy Lindsay, and Terry Massa.**

David Yon called the meeting to order at 7:42 PM and quorum was established. The November minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

NEW BUSINESS: Kathy Lindsay asked if the Club is considering a duathlon series since it had been mentioned in the past.

Nadine Dexter raised the possibility of a new award for overcoming physical difficulties. She saw this type of award given at a race in Navarre. **David Yon** said he will address it with the Grand Prix committee.

David Yon presented the new slate of officers after the recent elections. The offices of President, VP, Treasurer, and Secretary remain the same. Three new members at large were elected: **Terry Ryan, Mary Jean Yon, and Paul Ahnberg.** He thanked retiring Board members **Fran McLean, Clint Watkins,** and **Hobson Fulmer** for their service.

David Yon made a motion to pay GWTC membership dues to the RRCA. This was seconded and passed unanimously.

REPORTS:

Race Director – Jerry and Jackie McDaniel presented the budget for the 30K/15K on January 21. The venue for the race has moved to the Retreat near Bradley's country store. The course is mostly on Old Centerville Road. They are working on certification of distances. The Retreat has bathrooms and an overhang outside in case of rain. A motion was made, seconded and passed by unanimous vote to accept the budget as

presented.

Judy Alexander presented the proceeds for the 10 Mile Challenge on December 3, 2005. She moved to distribute the race proceeds to the Club and the Chenoweth Fund in a 50% and 50% split. This motion was seconded and passed unanimously.

Terry Massa announced a new race, Capital City Challenge 5K, that she will direct on January 28. The race will benefit Special Olympics of Leon County.

David Yon reported that the Turkey Trot budget is almost finalized. The Refuge House, GWTC, and the Shelter will receive donations.

Treasurer's Report – Bonnie Wright discussed the budget for the previous month. She will present the budget for 2006 at the January meeting.

Race Director Coordinator – Charlie Yates announced four new race dates filling out the 2006 calendar. January 28: Capital City Challenge 5K; February 12: American Medical Student Association 5K; March 11: FSU Habitat for Humanity 5K; May 6: Citizens 5K.

Clothing Coordinator – Margarete Deckert no report.

Newsletter – Fred Deckert announced that calendars arrived. There was a motion to put the newsletter on the website. Discussions centered on whether it should be made available immediately after publication or have delayed access for the general public. An amendment was made, seconded and passed unanimously to delay availability of the newsletter until 1 month after members received hard copies.

Training Committee – Nadine Dexter reported that her beginning running class material was passed onto the Orange Park Jacksonville Running Club. The director of the new running class in Jacksonville was thrilled to receive her materials.

Equipment – Nadine Dexter for Joe Dexter turned in various race fees collected. She also announced that Joe purchased two new megaphones for Club use.

Membership – Brian Corbin reported that there are currently 934 members represented by 545 memberships.

Chenoweth Fund – David Yon no

report.

Racing Team Coordinator – Tim Unger announced he is investigating where to purchase new race singlets. A new vendor is needed since SportsBeat went out of business. Tim also presented his budget for 2006. A motion was made to accept his budget as is. This was seconded and passed unanimously. It will be incorporated into the annual club budget.

Grand Prix Committee – Paul Ahnberg no report.

Social Coordinator – Kathy Lindsay reminded everyone about the Holiday Party December 17.

Triathlete – no report.

Lecture Series – Michael Pasquier no report.

OLD BUSINESS:

There was a motion to adjourn made at 8:40 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on January 11, 2006 hosted by **Bonnie Wright**.

These minutes have been reviewed and accepted by the Board.

Beth Alexander, Secretary.

After age 50, you get “furniture” disease. That’s when your chest falls into your drawers.

Anticipation is often better than the real thing.

Wherever I go, the world’s worst drivers follow me there.

I’ve learned you can keep going long after you think you can’t.

I’ve learned it’s harmful for parents to live out their athletic fantasies through their children. Work enjoyed is as much fun as leisure.

I’ve learned you always find time to do the things you really want to do.

The older I get the prettier the girls are.

When you form a committee to study the matter, you really don’t want to do anything.



Bill Lott receives his RRCA’s Volunteer of the Year Award from David Yon (left) with GWTC 30K/15K race director Jerry McDaniel (right)

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert, 893-9739,
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Columnists: Jack McDermott, Jane Johnson

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. Questions, contact the editor.

Advertising Payments –NEW RATES!

Full Page-\$58, Half Page – \$32, 1/4 Page-\$18, Run twice, no changes – \$52, 28, 15 each. Letter-size centerfold race flyer-\$125. Yearly rates: 450, 250, 135. Payment in advance/checks payable to GWTC-Fleet Foot and sent to: Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

Submissions for publication are strongly encouraged. For text, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable. For more details or to contribute material contact the editor.

Deadline: 3rd Saturday of**Change of Address**

Your newsletter will not be forwarded; you must provide your new address and phone number. By mail to: GWTC-MSHP, P.O. Box 3447, Tallahassee, FL 32315; or call Brian Corbin: 383-1361, or email him at brirun@comcast.net

Gulf Winds Track Club

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GWTC Web Site - www.gulfwinds.org



Discounts for GWTC members



Show your GWTC membership card or newsletter mailing label when purchasing goods or services at these businesses and you'll benefit from discounts as indicated.

Kelly Wood, LMT (MA#21209) Sports, relaxing, and rehabilitation massage
\$10 off full hour session. 575-1096

Heather Warner, LMT #31847. Sports massage for improved performance and recovery. \$10 off regular prices. 681-2122 (work), 878-0714 (home).

Great Webspectations 20% discount on all Web design services. Will also evaluate your existing site free of charge. www.greatwebspectations.com or 850-514-2132 (Tallahassee).

Pro Fitness Consultants Multi-Sport/Triathlon and Personal Training, 10% off regular prices. Contact Rolando or Claritza, 297-1300.

Tallahassee Massage Therapy; Brett A. Pace L.M.T. (MA #0010284), 681-2122; Sports massage for rehabilitation and prevention; \$5 off half hour price, \$10 off full hour price.

Ivan Glymph, The Fitness Edge. ACSM & USCF certified, 656-1299; 10% GWTC discount on all services: personal training, testing, exercise prescription, cycle coaching & more

Shaw's Athletics, 1415 Timberlane Rd (Market Square), 893-5597 10% off running shoes with cash or check; 5% with credit card; returns for store credit only.

Intelligent Internet Strategies New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

Mark Campbell, Licensed Massage Therapist. Certified Personal Trainer. 10% off to Gulf Winds Members.

Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

DENISE A. CARAFANO, LMT (MA-27475) 445-2250. Deep Tissue/Swedish Massage (Chair massage available, also) 35 minutes @ \$30 & 10% off.

GOODFINDS, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor.** 3100-A South Adams Street, Tallahassee, FL 32301.

850/402-3100. GWTC members will get the royal treatment at GOODFINDS.

Dr. Wallace Randell, Northampton Animal Health Clinic. 2910 a-12 Kerry Forest Parkway, Tallahassee, FL 32309, 668-8031. 10% discount on professional services.

Discounts do not apply to special sale items, or when using coupons or other discounts. At time of purchase, please show your membership card (back of each issue).

Note to Businesses

We'll put you in this list if you offer a discount to Gulf Winds Track Club members. Email: fdeckert1@juno.com. Your product or service need not be running-related.

Training Groups/Weekly Events

Intervals: Tuesdays, 6pm / 6:30pm FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact John at 212-5680 (days); 656-7064 (eves) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org. See the Tuesday Night Speedwork album, <http://members3.clubphoto.com/john272201/221734/guest.phtml> .

Sunday Streakers: Sunday mornings, 7:00 a.m. at various locations. 10 miles minimum at about 9 min. per mile. Averages 8-15 people. Come join us! To get on the e-mail list to receive information on where and when the group meets contact Sue Kelly, kellys@dfmc.org.

Sunday at 7:30 a.m. Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

GWTC Springtime 10K Training Group: This Group will prepare you to complete the Springtime Tallahassee 10K on April 1st, 2006 Mondays at 5:45pm Feb 6 to Mar 27th. Meeting Location is at Myers Park

Water Running To learn proper water running technique, contact Gary Droze, Instructor, to arrange a workout/training session: 942-7333.



Triathlete Training

Cycling: go to <http://www.cccyclists.org/roadsched.php3> for capital city cyclist training rides.

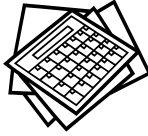
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

Social Events: www.gulfwinds.org for more club info, and to join GWTC.

Multi-Sport Clubs & Contacts:

- USA/World Race Calendar by State - www.trifind.com
- Beaches Fine Arts Triathlon Series, Jacksonville FL. - www.bfastrathlon.org
- Clermont Triathlons - www.triflorida.com
- John Boyle Races - www.cuattheraces.com
- Exclusive Sports Marketing Races - www.palmtreesportsclub.com/ (Publix Family Fitness Weekends)
- Set-Up Inc., Triathlons in the NC,SC,GA area - www.set-upinc.com
- Charleston Triathlon Club, South Carolina, www.awod.com/gallery/probono/ctc/
- Nature Coast Sprint Triathlon Series, www.drc911.com/triathlon.htm
- Blue Sky Sports, Triathlons in the North / Central Georgia Area, www.tribluesky.com/
- Great Smokey Mountain Triathlon Club, www.gsmtc.com
[North Florida RRCA Rep kbendy@aol.com](mailto:kbendy@aol.com)
Ken Bendy, 65 Winterbourne N., Orange Park, FL 32073
(904) 278-2926



Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined.**

Confirmed events are in **bold**. * Indicates a GWTC



event. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. **To list races (no charge), send details to fdeckert1@juno.com.**

Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171. Special thanks to Charlie Yates for the race information.

February

04 Flash 12K. 9 a.m. St. Marks Trail at 9 mile mark. Joe Dexter 878-7880, 245-3798. Form on page 21 Jan. issue.

11 Cookie Run 5K/1M. 8:45 a.m. TCC Campus. Jeanne O'Kon, Tom Perkins 893-2019. Form on page 20 Jan. issue.

12 AMSA 5K. 8a.m. Mile Long Track. fsuamsa_5k@yahoo.com

19 Tallahassee Marathon/Half Marathon. 8 a.m. Mike Long Track. Jack McDermott. marathonjack@comcast.net.

25 Race Judicata 5K. 8:30 a.m. FSU Law School. Megan Morley, mmm04e@fsu.edu

March

4 Thomasville Road Baptist Community 10K/1M fun run. 8 a.m.

Thomasville Rd. www.thomasvilleroad.org/10K. Form on Page 18

4 Red Pepper 5K. 8 a.m. St. George Island. Nick Yonclas 850 670-1661 days, 927-2130 eves.

5 Fun Duathlon. 9 a.m. 2M/13M/2M. J. Lewis Hall Park. <http://www.hihig.com/econoduathlon/>

5 Seaside Half Marathon & 5K. 850 231-6190

11 5th Annual Jr. ROTC/Reineking Memorial 5K, 9:00am, Maclay Gardens, Bill Reineking 309-1414 fowinkleC@mail.lincoln.leon.k12.fl.us

11 28th Winston Howell 10K. 9 a.m. National Guard Armory, Hartford, AL. Info: hatch@alaweb.com, mikek@fnbhartford.com

18 Shamrock Scurry 5K . 8:15 a.m. Celebration Baptist, E. Shamrock terry@childrenofireland.us. See insert

18 Furry Scurry 10K/5K/1M. 8:30 a.m. Easterwood Dr. Kate McFall 508-1001. Form on page 16.

24 Dogwood Festival 5K. 6 p.m. Attapulgus GA. Myra Hartzog 229 465-3475

25 Red Hills Triathlon. 7 a.m. Maclay Gardens. Kathy McDaris 422-3130

25 Run for a Good Paws. 5K/1M 9 a.m. Bainbridge GA. cab-sports@earthlink.net.

25 Home is where the hope is 5k Run/Walk. 9:00 a.m. at Tully gym. Info; fundraising@fsuhabitat.org.

April

***1 Springtime 10K/1M.** 9 a.m. DOT parking lot. Jeanne O'Kon, Tom Perkins. www.gulfwinds.org.

8 Lee's Place 5K Run/Walk. 8:30 a.m. Maclay Gardens.

meredith@leesplace.org.

8 Worm Gruntin 5K. 9 a.m. Sopchoppy.

15 32nd Palace Saloon 5K. 8 a.m. Messer Field. Reid Vannoy 893-5659.

15 Rose City 5KWalk. 8:30 a.m. Thomasville. ymca@rose.net.

22 Rose City 10K/1M Run. 8 a.m. Thomasville. ymca@rose.net. 229 226-9878.

29 Meals on Wheels 5K/1M. 8 a.m. Maclay Gardens. Sharon Davidson 921-5554.

29 Great Strides Walk for Cystic Fibrosis. 9 a.m. Southwood.

www.cff.org.

* **Indicates GWTC event. Please send race information and flyers to fdeckert1@juno.com, preferably in MS Word.**

2006 Grand Prix Events (Adult)	Kids Grand Prix
Jan. 14 Bowlegs 5K	Bowlegs 5K
Jan. 21 GWTC 30K	
Feb. 11 Cookie Run 5K	Cookie 5K or 1M
Apr. 1 Springtime 10K	Springtime 1M
Apr. 29 Meals on Wheels 5K	Meals 5K
Jun. 3 Potluck 4M (trail)	
Jun. 18 SGI Sizzler 5K	Sizzler 5K or 1M
Aug. 12 Breakfast on the Track 1M	Breakfast 1M
Sep. 23 Prefontaine 5K (trail)	
Oct. 28 Boston Mini (Half marathon)	
Nov. 11 Veteran's Day Classic 10K	Nov. 4 Women's Distance 1M
Dec. 2 GWTC 10M/5M (both count)	

GWTC Springtime 10K Training Group

This Group will prepare you to complete the Springtime Tallahassee 10K on April 1st, 2006

Mondays at 5:45pm Feb 6th - Mar 27th

Meeting Location is at Myers Park

Wear running shoes and reflective clothing. Be prepared to jog 3 miles at your own pace on the first day.

No fees. A waiver form is required and may be filled out on the first day. We will be training on sidewalks and on the road on portions of the actual Springtime course. **All participants are responsible for their own safety.** Each week course maps will be distributed and volunteers will be out there running with the group. All participants who follow the program will be able to successfully complete the Springtime 10K run. Participants are responsible for their own Springtime 10K entry fees and are also encouraged to join Gulf Winds Track Club. For more information contact Julie Clark preferably by e-mail at juliecla@comcast.net. Everyone is welcome. (**Note:** an adult should accompany children under 14).

Back of the Pack
"A New Year"
Jack McDermott

We are in the homestretch for planning the Tallahassee Marathon --- little kids in Singapore are working hard in sweatshops making our finishing medals, we've greased the local politicians for the proper permits, and we quarantined eight volunteers suspected of contracting the bird flu virus. I think we are ready to go. A good race event is much like a well-oiled machine; it almost runs under its own power. A bad marathon is like the HMS Titanic, it founders, sticks its butt in the air, and then sinks rapidly without many survivors. Planning the Tallahassee event leads me to reflect on other poorly organized marathons, and planning that went awry.

Problems in Marathons

My favorite has to be the poorly marked Twisted Ankle Marathon, which to this day, nobody has actually finished. I took a wrong turn at the end, and landed in the middle of the half-marathon awards ceremony. The good news -- I "ran away" with the female grandmasters half-marathon trophy -- and I'm NOT giving it back. Last month I reflected on the bus driver that got lost at the Tucson Marathon which made us almost miss the start --- these FEMA drivers have to do something when it isn't hurricane season. Another thing that comes to mind is the mule deer that got onto the trail at the Snow Mountain Trail Marathon and refused to move. The worst coordinated amenity award had to go to the now defunct Washington D.C. Marathon which made it's finishers wait almost two hours to retrieve their bags after the race. I was beginning to think



we'd have a better chance finding our bags at a pawn shop in Foggy Bottom. I must also mention the U.S. Air Force Marathon --- which had tons of parking, but locked all of the gates so you couldn't park. People (*myself included*) abandoned their cars on the side of the road and ran a mile to make the start. At the Tallahassee Marathon we've alleviated the possibility of any of these shortcomings by just not offering any amenities. We have no baggage drop-off, no buses, and no mule deer --- thus, no problems.

Kudos to Janine

I wanted to give kudos to my most recent running partner, Janine Thomas who tackled the Jacksonville Marathon in December. After coming off an injury that occurred during the 10-Mile Challenge (*Well ... duh ... there's a reason they don't call it the 10-Mile Fun Run*), she attempted a Boston Qualifier at Jax. Holding up well for the first 10 miles -- she experienced terrible muscle pain, and had to put aside her dream for another year. She did tough it out, still got a PR (4:09) and finished the race, making her my hero of the month. After the event, she found out that she had torn her gastroc. I have never heard of this body part, and I can only assume that it is part of the female anatomy, and you are as likely to hear me say I injured my ????? as hear me say I injured my gastroc. What happened to the old days when we just had leg injuries? Now it seems everything has to have some pithy Latin name. To me it sounds like something from the Lord of the Rings Trilogy: "Oh no, Frodo, what about the evil gastroc that lives in the mountain?" Anyway --- given her pain, I'm sure it was a real injury, and I wish her a speedy recovery.

Now I'm Famous

If my acting debut in the sixth grade as Perseus in "Perseus the Gorgon Slayer,"

Jack (Continued on page 13)

Featured Feet Jay Silvanima

Childhood

ambition: Odd dichotomy, but I either wanted to be a professional motocross racer, like my hero at the time, Marty Smith, or a game warden working the forests of Pennsylvania.

Fondest Memory:

During my sophomore year of high school (1976) the Student Council rented a bus and mentored a two day field trip to New York City. I was a raised in the country and this was my first experience outside of parental control in a big city. All of the students had a grand time.

Wildest Dream: This would probably have to be the one I have periodically in which several of the students in the above trip, including me, are partying like mad in one of New York City's Night clubs. Perhaps it isn't a dream but is a suppressed memory?

Proudest Moment: Watching my daughter's accomplishments; whether they are reciting a poem she has written to me personally, presenting a project to her class at school, or learning how to drive a car with the guidance of one of her parents or other family members.

Biggest Challenge: As a Civil Servant working for the Florida Department of Environmental Protection, avoiding bureaucracy/politics and using good science to determine the best



means to monitor our lands, waters, and organisms comprising the unique ecosystems found within the State of Florida.

Perfect Day:

Wake up at 4:30 AM. Have a cup of coffee and meet my salt-water

fishing buddies. We make it on the water before sunrise and stay there until sunset.

First Job: Bailing hay on a series of local farms in western Pennsylvania. The pay was low (I think something like \$2.00 an hour), but we were fed breakfast and lunch and got to drive the trucks before we had drivers' licenses.

Indulgence: Coffee/caffeine.

Last Purchase: Professional orthotics for my aging feet, and some replacement parts for my 1996 Nissan Sentra.

Favorite Movie: I'm not sure I have one, it depends on my mood, etc. but I did enjoy *Groundhog Day* when it came out and it's that time of year to see it again. Bill Murray and Andie MacDowell are just hilarious in this movie.

Inspiration: My uncle, John Danek, and his mother, my Grandmother, Helen Danek. John always could make time to spend with me, and my grandmother taught me many things including the value of giving to others.

**Featured Feet –
Kirsten Baggett**

Childhood ambition: To run in the 1984 Olympics

Fondest running memory: One of many - Running trails in Arizona and meeting a Bobcat face to face.

Wildest Dream: To spend my summers in Italy

Proudest running moment: Finishing my first Marathon - 1 year after Josie was born.

Biggest Challenge: Daily - to be a good parent

Perfect Day: At the beach (after sleeping in)



First Job: At fifteen, I was a junior counselor at an overnight summer camp in the Everglades (where I met my husband). They paid me a whopping \$25 a week. Although, I would have gladly paid them to work there - it was

that much fun!

Indulgence: Lobster, margaritas, and a pedicure.

Last Purchase: Dog food

Favorite Movie: Favorite of 2005 - Crash

Running Inspiration: Margarete Deckert; Grete Waitz

Jack (Continued from page 11)

didn't make me famous, than this surely must. I was named to a list of marathoners by marathonguide.com (*no joke, look it up*). At first I thought it was a list of "most eligible bachelors," but since have learned that it is a list of "men who must not have social lives." Given that, it is amazing I finished a mere 20th.

For those of you who want to see me in person (*I do charge a modest fee for autographs*), please remember to come out for the Tallahassee President's Day Marathon & Half-Marathon on Sunday, February 19th. I'll be the one who has his hair falling out.

**From Ann Landers column;
Biggest Lies?**

You made it yourself? I would have never guessed!

But officer, I only had two beers.

Your hair looks just fine!

**The water never gets high
Enough to flood this property.**

Put the map away, I know exactly how to get there.

The doctor will call you right back.



For Runners



GOAL: Learn running techniques, at all levels, Beginning, Intermediate and Advanced Running.

DATES and TIMES: Every Thursday night starting March 16th and ending on May 11, 2006. Class starts at 6:00PM. It is suggested that runners arrive early to warm-up and stretch before class. (5:45 -6:00PM)

WHERE: To be determined. Call Nadine at 878-7880 or e-mail to address/s below.

WHAT: This class will emphasize beginning running, as well as provide training for intermediate and advanced runners. Runners will receive information on stretching, pacing, using the Galloway Running Method, diet, and proper running apparel.

5K GRADUATION RUN: May 13, 2006 at 8:30AM at the St. Marks Trail, 9 mile point, 6 miles south of Woodville. (Run is formerly known as the Rails to Trails 5k Duathlon)

COST: \$ 10.00 to covers maps, stretching card and graduation run t-shirt.

Contact information: Joe and Nadine Dexter 850-878-7880
ndexter@fsu.edu or jdexter@mailier.fsu.edu

Be Fit Personal Training introduces **VO₂ Testing**, an exciting new service to individualize your workout. VO₂ Testing with CardioCoach™ is the only way to know just how fit you are. It's the professional way to get results. And it's only available at *Be Fit* Personal Training.

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Give yourself that competitive edge with **VO₂ Testing!**

target INTENSITY

Be Fit Personal Training. Trainer: Francisco Ramirez, PT, CPT (NCSF certified) Phone: (850) 445-2235

www.tallahasseefuryscurry.org



FURRY 5K+ TRACK AND 10K RUN & 1 mile FUN WALK

A fundraising event benefiting T.R.E.A.T.S Inc., the non-profit organization supporting animals with your local Animal Shelter



Date: March 18th, 2006



Time: 8:30 AM, Registration starts at 7:30 AM



Place: Tallahassee Animal Service Center
1125 Easterwood Drive, next to Tom Brown Park



Awards: Overall MF, Masters, Standard Age Groups
Walkers Especially Welcome!



Fee: \$12.00 if received before March 16th
\$15.00 race day



\$8.00 No t-shirt option
Please make checks payable to TREATS
DONATIONS GRACIOUSLY ACCEPTED
(Also accepting pet food, toys, and old linens)

contact: Kate MacFall (850-508-1001)

Entertainment: Silent Auction, DJ, Food, & Fun



We are requesting that our participants leave their pets at home, as this is our opportunity to highlight our shelter animals who are in need of homes.

Please detach and mail to: Furry Scurry, Peg Griffin, 856 N. Forest Drive, Tallahassee, FL 32303, peggriff@nettally.com

Name: _____ Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____ DOB: _____

T-Shirt size: S M L XL Age: _____ Sex: M F Race: 1 mile Fun Walk 5K+ 10K

Amount enclosed: \$12.00 \$15.00 \$8.00 DONATION AMOUNT _____
 I can't make it but I would like to donate _____



Signature of entrant, or parent or legal guardian if under 18 years old



I hereby release the Gulf Winds Track Club, TREATS, Tallahassee-Leon Community Animal Service Center, and any other persons involved, from any and all damages or injuries incurred out of participation in the 2004 Furry Scurry 5K Run and 1 mile Fun Walk, and further state that I have trained for and am physically competent to run 5K, 10K or walk 1 mile.



ALL PROCEEDS WILL BENEFIT THE FLORIDA BAPTIST CHILDREN'S HOME AND THE DEBBIE O'BRIEN SCHOLARSHIP FUND.

DATE: Saturday, March 4, 2006

TIME: 10K Race starts at 8:00am Pre-Race Registration starts at 6:30 am
1 Mile Fun Run/Walk starts at 8:10am

WALKERS ESPECIALLY WELCOME

Location: Thomasville Road Baptist Church (TRBC) Race starts and finishes at TRBC. 3131 Thomasville Road (right next to Oven Park)

Entry Information: (First 200 registered Guaranteed a T-Shirt)

Early Registration on or before March 1

\$12.00, includes T-Shirt

\$7.00, no shirt option

\$5.00, age 12 and under

Day of Race Registration

\$15.00, includes T-Shirt

\$10.00, no shirt option

\$5.00, age 12 and under

Make checks payable and mail to the following address with attached waiver to:

TRBC-10K P.O. Box 10805 Tallahassee, FL 32302

Donations graciously accepted

MORE INFORMATION: Log onto www.thomasvilleroad.org/10K or call Grea Bevis 850-508-0874

Registration: Registration will take place at the Multi Purpose Facility beginning at 6:30am on race day.

Awards Ceremony & Post Race Festivities: We invite you to join us for a post race party that will include plenty of fresh food and drinks. Awards will be given to the top male and female overall finishers as well as the top 3 in each age group.

NAME: _____

ADDRESS: _____

PHONE: _____ SEX: ____ AGE: _____

SHIRT SIZE: YM YL M L XL

Waiver: I know that participating in running activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat and/or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I for myself and anyone entitled to act on my behalf waive and release the Race Director, Gulf Winds Track Club, Thomasville Road Baptist Church, or any other sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

DATE: _____

Signature of Entrant (Parent or Legal Guardian if under 18 years old)

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850 599 8924 Naomi
850 599 8903 Judy
800 937 0663 Toll Free
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GWTC Merchandise

NEW! 2006 GWTC RUNNING CALENDAR!
In color \$3.50, b/w for \$1

Shirts are all \$10

New GWTC blue "muscle" and regular tank tops

Kerchiefs, Visor and "license" plate are \$5 each.

Contact: Margarete Deckert 893-9739

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"Happy fortieth. I'll take the muscle tone in your upper arms, the girlish timbre of your voice, your amazing tolerance for caffeine, and your ability to digest French fries. The rest of you can stay."



"First, they do an on-line search."

Tallahassee's Gathering Place



The Retreat at Bradley's Pond

A country setting perfect for personal or business parties, weddings, wedding receptions, family reunions, educational seminars, class reunions, organizational gatherings and holiday parties.

- 5,000 square foot entertainment facility (heated and cooled)
- 3,200 square foot main assembly room
- Over 1,700 square feet of covered porches
- Beautiful view of Bradley's Pond
- Amenities include: performance cove for band, brick fireplace, spacious food preparation facility
- Convenient, on-site parking
- Outdoor pergola

Capable of Seating 250 Plus
(table & chairs furnished for 200)



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www.bradleyspond.com

GWTC 30K 1/21/2006
Jackie & Jerry McDaniel R.D.'s

1	Michael	Douma	M 23	2:03:36	23	Michael	Pasquier	M 25	2:35:23
2	David	Yon	M 50	2:04:22	24	Warren	Emo	M 52	2:36:35
3	Carlos	Nordhielm	M 43	2:05:44	25	Bud	Fennema	M 50	2:36:48
4	Jared	Black	M 17	2:08:44	26	Daniel	Fortunas	M 45	2:37:05
5	Stephanie	Liles	F 33	2:09:27	27	Jeff	Bryan	M 38	2:37:05
6	Jane	Johnson	F 46	2:11:40	28	Julie	Clark	F 44	2:38:41
7	Allison	Eagen	F 26	2:13:49	29	Gary	Griffin	M 56	2:39:34
8	Tom	Ratliffe	M 58	2:14:19	30	Chuck	Davis	M 44	2:41:16
9	Greg	Waddell	M 39	2:14:31	31	Rob	Cunningham	M 57	2:41:37
10	Bill	Mccord	M 43	2:14:36	32	Kathy	Lindsay	F 46	2:42:01
11	Felton	Wright	M 48	2:16:03	33	Dave	Gilbertson	M 56	2:42:07
12	Jay	Silvanima	M 45	2:17:47	34	Jim	Simpson	M 57	2:49:44
13	Michael	Martinez	M 40	2:22:52	35	George	Palmer	M 61	2:49:45
14	Craig	Willis	M 54	2:24:36	36	Kirsten	Baggett	F 39	2:51:45
15	Mike	Sims	M 53	2:25:20	37	Bruce	Hall	M 37	2:54:52
16	David	Cox	M 47	2:25:49	38	Judy	Alexander	F 44	3:00:58
17	John	Matthews	M 35	2:26:12	39	Mike	Boll	M 41	3:01:09
18	Dana	Stetson	M 49	2:27:11	40	Keith	Rowe	M 44	3:01:51
19	Jim	Heberle	M 48	2:29:33	41	Sarah	Earnhardt	F 27	3:04:27
20	Ali	Canton	F 21	2:32:48	42	Scott	Heath	M 34	3:04:54
21	Jeff	Kuperberg	M 45	2:33:25	43	Jerry	Chesnutt	M 55	3:05:24
22	Travis	Miller	M 36	2:34:24	44	Wilson	Andrew	M 36	3:08:56
					45	Rex	Cleveland	M 66	3:09:21
					46	David	Darst	M 62	3:12:06
					47	Charles	Thomsen	M 55	3:13:09
					48	Elizabeth	Kelsey	F 29	3:14:54

49	Katherine	Gordon	F	22	3:18:06	31	Dennis	Mcclure	M	49	1:24:28
50	Janet	Mcnaughton	F	24	3:19:32	32	David	Steele	M	57	1:24:56
51	Lisa	Unger	F	38	3:19:43	33	Robert	Mcneal	M	44	1:25:51
52	Jon	Dalton	M	64	3:20:29	34	Birgit	Cromartie	F	35	1:26:05
53	David	Farnsworth	M	55	3:20:43	35	Kaye	Jaynes	F	38	1:26:06
54	Beth	Alexander	F	41	3:21:11	36	Jobst	Elster	M	34	1:26:07
55	Carlos	Zapata	M	60	3:22:59	37	Loranne	Ausley	F	42	1:26:09
56	Gary	Cato	M	49	3:27:52	38	Matthew	Fitzpatrick	M	26	1:26:58
57	Moraima	Rodriguez	F	42	3:41:37	39	Ajay	Konidala	M	27	1:27:10
58	Jose	Rodriguez	M	35	3:41:37	40	Jacque	Myers	F	49	1:27:26
59	Gordon	Morgan	M	59	3:44:29	41	Kristen	Pasquier	F	25	1:27:52
60	Marsha	Vaile	F	56	3:57:48	42	Penny	Isom	F	43	1:29:40
61	Susan	Cornwell	F	56	4:02:34	43	Darren	Allen	M	34	1:31:39
62	Mike	Schneider	M	68	4:02:34	44	Mae	Cleveland	F	66	1:32:27
63	Dawn	Brown	F	57	4:18:02	45	J. Brett	O'brien	M	50	1:33:21
64	Arthur	Ward	M	72	4:18:02	46	Kathy	Fox	F	41	1:33:22
65	Robert	Morris	M	74	4:57:31	47	Jo Lena	Pace	F	34	1:33:30
						48	Karen	Sutterfield	F	40	1:34:20
						49	Ronald	Morrell	M	57	1:36:15
						50	Rita	Tweed	F	29	1:36:48
						51	Karen	Smith	F	57	1:37:28
						52	Janis	Lee	F	51	1:37:58
						53	Margarete	Deckert	F	72	1:46:33
						54	Courtney	Atkins	F	42	1:47:46
						55	Sherrie	Peavy	F	37	1:47:47
						56	Robin	Safley	F	42	1:47:47
						57	Michelle	Forehand	F	37	1:50:11
						58	Jennifer	Lavia	F	42	1:50:13
						59	Rosalie	Myers	F	94	2:07:32

**GWTC 15K 1/21/2006
Jackie & Jerry McDaniel R.D.'s**

1	Chris	Holland	M	19	0:58:51	54	Courtney	Atkins	F	42	1:47:46
2	Tim	Unger	M	46	0:59:59	55	Sherrie	Peavy	F	37	1:47:47
3	Sarah	Docter-				56	Robin	Safley	F	42	1:47:47
		Williams	F	41	1:00:30	57	Michelle	Forehand	F	37	1:50:11
4	Alan	Thomas	M	47	1:03:18	58	Jennifer	Lavia	F	42	1:50:13
5	Hamp	Stoutamire	M	39	1:03:43	59	Rosalie	Myers	F	94	2:07:32
6	Seeley	Lovett	F	29	1:04:48						
7	Rolf	Zwaan	M	43	1:04:53						
8	Lisa	Johnson	F	24	1:05:44						
9	Manuel	Guterrez	M	32	1:05:46						
10	Kara	Newell	F	21	1:06:29						
11	Jeff	Bowman	M	44	1:07:35						
12	Sean	Phelps	M	43	1:07:39						
13	Chuck	Booker	M	55	1:07:42						
14	Grady	Smith	M	29	1:11:31						
15	Mary	Gorham-									
		Rowan	F	39	1:13:32						
16	Dale	Smith	M	52	1:13:43						
17	John	Kelly	M	48	1:14:06						
18	Peggy	Simpson	F	60	1:14:14						
19	Anne	Geroux	F	37	1:14:56						
20	Gabriel	Giordano	M	28	1:16:32						
21	Kathryn	Voight	F	45	1:17:39						
22	Travis	Blanton	M	33	1:17:49						
23	James	Doran	M	30	1:18:53						
24	Grea	Bevis	M	44	1:19:21						
25	J J	Meadows	F	42	1:19:56						
26	Dan	Solomon	M	43	1:19:57						
27	Keith	Berry	M	49	1:21:01						
28	Jason	Rountre	M	29	1:21:15						
29	Garrett	Blanton	M	36	1:21:16						
30	Charlee	Taylor	F	27	1:22:06						

**Finishers at the
Disney Marathon
1/08/06**

Greg Waddell	3:04
Lydia Veal	3:23
Doug Covert	3:33
Henry Mayfield	3:38
Dave Borschel	3:42
Leon Lorino	3:53
Wray Pace	3:56
Erin Kavanaugh	3:57
Paul Ahnberg	3:59
Rick Page	3:59
Corrie Moore	4:04
Jay Smith	4:08
Emory Mayfield	4:18
Laura Johnson	4:19
Fred Johnson	4:20
Jessica Miller	4:25
Peggy Shashy	4:34

Andrea Savoy	4:41
Fritz Davis	4:52
Jill Page	4:52
Kristen Pasquier	4:52
Becky Scarange	4:52
Janet McNaughten	5:00
Dean Johnson	5:00
Mark Priddy	5:00
Erin Glover	5:02
Jacque Myers	5:03
Martha Guender	5:05
Bill Epting	5:07
Rachael Gross	5:08
Lauren Telesmanic	5:12
Nancy Texeira	5:13
Brian Patrick	5:17
Katherine Gordon	5:20
Jason Vail	5:20
John Kostrzewa	5:23
Aaron Clark	5:24
Justin Nishimito	5:24
Ryan Lanson	5:26
Beth Patrick	5:28
Yolonda Green	5:30
Mary Puritz	5:30
Michelle Williams	5:30
Dave Bigony	5:32
Jim Phillips	5:32
Wallace Randell	5:33
Robert Burleson	5:35
Ginger Dykes	5:35
Christopher Rumana	5:40
Robert Wilson	5:40
Shan Desguin	5:41
James Dow	5:41
Ginnifer Black	5:45
Mark Bonfaniti	5:45
Julie Rodgers	5:49
Angela Kostrzewa	5:56
John Barfield	5:57
Karen Munoz	5:58
Lenore Beckett	5:59
Christine Clark	6:08
Anthony Conticello	6:10
Thomas Powell	6:10
Fred Bates	6:11
Suzanne Gouger	6:11
Renelle Randall	6:16
Lisa Jernigan	6:20
Mark Rumana	6:21
Andrew Smith	6:39
Debby Kearney	6:57
Erica May	6:58
Diana Shumars	6:58

Finishers at the Disney Half Marathon 1/07/06

Tiffany Jastrzembski	1:44:00
Paul Ahnberg	1:45:58
Kristen Scovera	1:49:31
Michael Boll	1:51:31
Corrie Moor	1:52:51
Leigh Ceci	1:54:19
Robin Borschel	1:55:05
Angela Leach	1:56:02
Peggy Shashy	1:58:51
Jeremy Floyd	2:01:06
Dawn Windsor	2:02:50
Jaquinn Griffith	2:05:14
Gary Durrett	2:05:47
Laura Brooks	2:06:40
Scott Francis	2:12:14
Debby Huey	2:12:17
Robin Safley	2:12:18
Andrea Stephens	2:12:46
Jerad Miles	2:13:54
Janet Hamilton	2:15:27
Dave Heaton	2:15:28
Jodi Chase	2:17:21
Katherine Banales	2:20:09
Kristen Pasquier	2:22:02
Laurel Blackburn	2:23:02
Glenn Burhans	2:23:19
Jacque Myers	2:23:20
Kate Seagraves	2:23:20
Donald Burdick	2:25:23
Jason O'Steen	2:25:59
Jason Allison	2:26:16
Kate Allison	2:26:16
Kathy Roberts	2:26:38
Raymond Allum	2:27:42
Christopher Campbell	2:29:41
Steve Brangaccio	2:29:59
John Grant	2:30:33
Ruth Jones	2:31:34
Rachel Gross	2:31:58
Cynthia Hefren	2:33:15
Lauren Telesmanic	2:33:40
Lindsey Maddox	2:33:45
Ana Sutherland	2:36:30
Vicky Verano	2:36:30
Karen Ventimiglia	2:37:22
Betsy Thorpe	2:39:42
Jim Wilkinson	2:41:11
Laura Cook	2:41:13
Kasey Chapin	2:41:56
Jennifer Lavia	2:42:12

Wendy Wiener	2:42:12	19 Cliff	Alfiche	M 59	53:23
Michelle Forehand	2:42:13	20 Amity	Boye	F 30	53:25
Kim Arrington	2:43:05	21 Michele	Rowe	F 45	53:35
Kathy Flippo	2:48:33	22 Harold	Dorman	M 48	54:04
Tory Desotell	2:51:50	23 Chuck	Griffis	M 0	54:27
Cassandra Dolgin	2:52:51	24 Barbara	Yonclas	F 58	56:02
Philip Munoz	2:55:46	25 Mark	Hillis	M 63	56:18
Lisa Jernigan	2:58:41	26 Paul	Peavy	M 46	56:34
Angela Kostrzewa	2:59:12	27 Caesar	Kellum	M 33	56:50
John Kostrzewa	2:59:12	28 Sherrie	Peavy	F 36	56:53
Farrah Serrette	2:59:40	29 Andrew	Carlson	M 48	56:54
Elaine Rose	3:04:33	30 Leslie	Stone	F 43	57:14
Bonnie Bartlett	3:06:29	31 Ann	Scheraldi	F 29	58:12
Todd Carter	3:06:30	32 Kaye	Mckneely	F 48	58:15
Summer Coxe	3:07:40	33 Alice	Guay	F 45	59:59
Keri Dibugno	3:09:12	34 Roberta	Mccloskey	F 42	60:01
Patty Dehner	3:10:15	35 Elizabeth	Ihle	F 28	60:07
Lynn Merritt	3:10:15	36 Amanda	Rountree	F 27	60:09
Terry Massa	3:10:41	37 Joy	Key	F 35	60:25
Abby Winship	3:14:41	38 Susan	Turner	F 54	67:51
Tracy Brandenburg	3:14:46	39 Elaine	Hamlin	F 53	69:08
Suzanne Gouger	3:18:10	40 Courtney	Brewer	F 25	72:47
Allison Carter	3:23:48	41 David	Nelson	M 25	72:47
Jessica Kimelman	3:24:02	42 Paula	Odom	F 39	78:01
Jason Calabrese	3:24:36				
Rebecca Calabrese	3:24:36	5K Rosalie	Myers	F	52:50
Peggy Winship	3:26:00				
Shawn Winship	3:26:01				
Trueby Bodiford	3:26:04				
Caroline Cambell	3:32:08				

**Kiwanis River Run 5K
1/7/06 Ben Fuller, R.D.**

**Apalachicola River Bridge 10K
1/15/2006 Hobson Fulmer R.D.**

1	David	Yon	M 50	38:12	1	Gabe Mitchell	M 16	19:38
2	Dan	Station	M 42	40:46	2	Russ Henley	M 43	20:02
3	David	Cox	M 47	42:24	3	Chuck Kemeny	M 30	20:06
4	Brian	Burch	M 31	46:24	4	Jerry Armstrong	M 58	21:52
5	John	Woods	M 58	46:39	5	Sam Robinson	M 50	21:55
6	Randy	Frith	M 58	47:39	6	Taylor Withes	M 12	22:13
7	Nick	Yonclas	M 62	48:19	7	Caleb Adkins	M 14	22:14
8	Yvonne	Gsteiger	F 48	48:42	8	Chase Harris	M 8	22:36
9	Gary	Cato	M 49	49:16	9	Ronnie Oliver	M 56	23:00
10	Keith	Rowe	M 44	49:47	10	Shana Martin	F 34	23:42
11	Bill	Law	M 57	50:34	11	Piper Stockman	F 42	23:43
12	Chris	Harris	M 56	51:33	12	Erika Pemberton	F 23	24:11
13	Terry	Ryan	M 57	51:43	13	Sean Stenett	M 25	25:05
14	Lisa	Weis	F 41	51:50	14	Matthew Ubben	M 43	25:11
15	Charlee	Taylor	F 27	52:12	15	Jover Caspary	M 42	25:15
16	Don	Nicholson	M 65	52:51	16	Mandi O'Mara	F 22	25:23
17	John	Falk	M 27	53:09	17	Justin Strosnider	M 13	25:34
18	Mike	Boll	M 41	53:17	18	Austin Howard	M 14	27:27
					19	Jessica Monk	F 15	27:35
					20	Rachael Ward	F 17	27:43
					21	Liv Warren	F 48	28:13
					22	Sherry Hill	F 28	30:14
					23	Chris Dexter	M 24	30:25
					24	Jessica McMurtry	F 26	30:26
					25	Bill Tanner	M 59	30:32

26	Joe Dexter	M	59	30:48
27	Cathy Jones	F	46	31:04
28	Kenny McDonald	M	41	31:29
29	Raymond Keckler	M	40	31:31
30	Patsy Davis	F	47	31:59
31	Nadine Dexter	F	47	32:01
32	Danny Hall	M	53	32:30
33	Larry Hancock	M	48	32:42
34	Jerry Maxwell	M	64	33:27
35	Peggy Boston	F	37	33:55
36	Paul Fryer	M	54	35:37
37	Knox Parker	M	64	37:58
38	Joe Flanigan	M	44	38:50
39	Catherine Keckler	F	13	38:51

**Kiwanis River Run 10K
1/7/06 Ben Fuller, R.D.**

1	Michael Douma	M	23	35:59
2	Travis Miller	M	36	43:10
3	Allison Eagon	F	26	43:11
4	Dale Nash	M	55	43:28
5	John Bennett	M	43	45:50
6	Scott Devine	M	25	45:51
7	Wayne Whiddon	M	47	46:23
8	Brian Burch	M	31	46:36
9	Jeff Beasley	M	46	46:42
10	Lou Ellen Jayroe	F	47	46:52
11	Kyle Harris	M	11	48:17
12	Craig Burnside	M	45	48:42
13	Bruce Hall	M	37	48:59
14	Roger Sprandel	M	63	51:31
15	Noah Jansen	M	25	51:34
16	Katie Martin	F	26	52:19
17	John Woodrum	M	35	54:33
18	Jennifer Daughtry	F	31	55:05
19	Jim Scarr	M	54	55:12
20	David Steen	M	26	57:17
21	Richard Addison	M	51	57:39
22	Julie Harris	F	40	58:30
23	Jake Stevens	M	64	59:19
24	Kathy Spurlin	F	41	59:52
25	Billie Medders	F	55	59:56
26	Mike Sims	M	53	60:39
27	Elbert Hurst	M	51	61:49
28	Larry Sorrell	M	34	62:34
29	Renee Garvey	F	35	63:11
30	Pam Stephens	F	48	66:06
31	Sarah Becker	F	24	66:09
32	Margarete Deckert	F	72	66:24
33	Lee Harris	M	41	68:32
34	Callie Rackley	F	23	71:52
35	Robert Morris	M	74	74:16

**Bowlegs 5K - Jan. 14, 2006
Larry Guinipero, Bill Hillison R.D.s**

1	Shawn Patterson	M	24	16:43
2	Carlos Nordhielm	M	43	17:52
3	Jared Black	M	17	17:56
4	Tim Unger	M	46	18:11
5	Eric Smith	M	33	18:37
6	Bill Mccord	M	43	18:42
7	David Yon	M	50	18:49
8	Michael Martinez	M	40	18:53
9	Mike Labossiere	M	39	19:03
10	Felton Wright	M	48	19:09
11	David Cox	M	47	19:16
12	Kurt Dietrich	M	14	19:19
13	Stephanie Liles	F	33	19:22
14	Jerry McDaniel	M	52	19:25
15	Tom Ratliffe	M	58	19:38
16	Allison Eagen	F	26	19:42
17	Mike Sims	M	53	19:44
18	Craig Willis	M	54	20:06
19	Michael Dobson	M	15	20:12
20	James Dexter	M	21	20:13
21	Mike Weyant	M	40	20:13
22	Jay Silvanima	M	45	20:16
23	Bill McGuire	M	58	20:17
24	John Matthews	M	35	20:38
25	Chuck Davis	M	44	21:01
26	Daniel Fortunas	M	45	21:11
27	Chad Henry	M	36	21:12
28	John Kelly	M	48	21:18
29	Myron Herring	M	46	21:23
30	Julie Clark	F	44	21:38
31	Chad Heckman	M	32	21:44
32	Brian Burch	M	31	21:47
33	Warren Emo	M	52	21:49
34	Kirsten Baggett	F	39	21:58
35	Vanessa Escalera	F	15	22:07
36	Dale Smith	M	52	22:17
37	Frank Rudd	M	42	22:19
38	Loranne Ausley	F	42	22:38
39	Connie Clarke	F	44	22:53
40	Mark Dietrich	M	50	23:15
41	Scott Heath	M	34	23:24
42	Kaitlyn Crandall	F	16	23:24
43	Nikki Sanguiliano	F	16	23:28
44	Kathy Lindsay	F	46	23:31
45	Terry Ryan	M	57	23:42
46	Daniel Scheller	M	0	23:48
47	Kelbe Beck	F	16	23:49
48	Reg Perry	M	46	23:55

49	Guy	Anglin	M 62	24:00	101	David	Ensley	M 36	29:00
50	Rex	Cleveland	M 66	24:04	102	Bob	Keller	M 71	29:21
51	Maynard	Sweeley	M 61	24:21	103	Pheona	Kaiser	F 63	29:35
52	Michael	Klump	M 52	24:27	104	Barbara	McKibben	F 43	29:36
53	Bonnie	Wright	F 50	24:31	105	Melissa	Jackman	F 14	29:41
54	Clint	Watkins	M 63	24:35	106	Jeremy	Harrell	M 13	29:43
55	Robert	McNeal	M 44	24:38	107	Linda	Avant	F 48	29:45
56	Nancy	Widener	F 56	24:40	108	Susan	Cornwell	F 56	29:59
57	William	McCliment	M 21	24:40	109	Mike	Schneider	M 68	30:01
58	Gordon	Morgan	M 59	24:41	110	Karen	Smith	F 57	30:07
59	Jimmy	Ledford	M 50	24:41	111	Sarah	Heath	F 21	30:08
60	David	Darst	M 62	24:53	112	Jan	Blue	F 51	30:21
61	Terry	Tenold	M 56	24:56	113	Dot	Skofronick	F 68	30:55
62	Ace	Haddock	M 36	24:56	114	Margarete	Deckert	F 72	30:59
63	Bruce	Lynn	M 58	25:06	115	Liz	Snowden	F 39	31:06
64	Matt	O'Brien	M 22	25:13	116	Carmen	Mullin	F 32	31:06
65	Jerry	Chesnutt	M 55	25:14	117	Melissa	Rudd	F 38	31:15
66	Carlos	Zapata	M 60	25:26	118	Robert	Morris	M 74	31:16
67	Erin	Fraser	F 14	25:49	119	Lenore	McWey	F 34	31:35
68	Chris	Sumner	M 26	25:53	120	Fred	Sanguiliano	M 51	32:03
69	Penny	Isom	F 43	25:56	121	David	Dittman	M 21	32:22
70	John	Rakestraw	M 69	25:58	122	Arthur	Ward	M 72	32:33
71	Sean	Bower	M 41	25:59	123	Nadine	Dexter	F 47	32:43
72	Laura	Davisson	F 23	26:08	124	Chika	Okoro	F 25	32:44
73	Bill (William)	Davis	M 54	26:27	125	Courtney	Strack	M 19	32:58
74	Billy	Hessman	M 20	26:35	126	Bridget	Mcnamara	F 19	33:00
75	Joe	Crook	M 26	26:41	127	Allison	Warren	F 21	33:13
76	Vince	Toplosky	M 38	26:54	128	Kelly	Hickey	F 22	33:13
77	Jo Lena	Pace	F 34	26:57	129	Sue	Kelly	F 54	33:14
78	Robby	Turner	M 47	26:58	130	Nancy	Sanguiliano	F 48	33:53
79	Nancy	Laux	F 44	27:00	131	James	Skofronick	M 74	34:00
80	Beth	Alexander	F 41	27:02	132	Dawn	Brown	F 57	34:02
81	Paul	Peavy	M 46	27:03	133	Nada	Scott	F 53	34:17
82	Damian	Wilson	M 32	27:05	134	Susan	Ledford	F 42	34:19
83	Mae	Cleveland	F 66	27:05	135	Mary Lou	Manausa	F 67	34:23
84	Jackie	Mcdaniel	F 51	27:10	136	Chris	Savery	F 47	34:34
85	Micheal	Hessman	M 18	27:11	137	Laura	Kelley	F 45	34:35
86	Richard	Addison	M 51	27:12	138	Fran	McClean	F 48	35:45
87	Gene	Opheim	M 59	27:12	139	Ray	Hanlon	M 62	35:47
88	Stephen	Veliz	M 36	27:16	140	Jamie	Wright	M 12	36:39
89	Brian	Yates	M 34	27:22	141	Vicky	Bernal	F 54	36:55
90	Chris	Dexter	M 24	27:25	142	Glen	Hallowell	M 27	38:12
91	Luis	Cuertas	M 12	27:28	143	Todd	Hallowell	M 24	38:13
92	Katinlia	Dijlukia	F 41	27:37	144	Kirsten	Anderson	F 41	38:33
93	Melissa	Champany	F 41	27:41	145	Hulon	Whitton	M 74	39:27
94	Rebecca	Baggett	F 24	27:47	146	Kathy	Flippo	F 52	39:41
95	Melissa	Montgomery	F 24	27:48	147	Terry	Massa	F 48	40:54
96	Jill	Page	F 25	28:04	148	Willow	Shanti	F 36	44:36
97	Ruth	Jones	F 54	28:12	149	Don	Douglas	M 59	44:57
98	Danielle	Jackman	F 14	28:45	150	Josephine	Newton	F 79	45:35
99	Megan	Pettifor	F 21	28:49	151	Charlie	Yates	M 80	53:47
100	Rita	Tweed	F 29	28:54	152	Rosalie	Myers	F 94	54:05

**Cleveland-Caldwell Advancement Award of the Sport Award
Presented by Tom Perkins**

The Cleveland-Caldwell Advancement Award of the Sport Award is one of the most prestigious awards given by Gulf Winds Track Club. Our recipient tonight deserves this honor one hundred fold, and it is my pleasure to be able to present it to him.

Tonight's honoree is a very unassuming and private individual, yet he has made outstanding contributions to the community. Friends and family hold this individual in high esteem, and although we all know he would never toot his own horn, tonight is a great night for us to do so.

Where do I start? This person has inspired countless numbers of young children to this day. He has often been acknowledged by former students who thank him for their success in life and for helping them to develop a love for the sport of running.

To reveal a little more about his background, this individual lettered in four high school sports: baseball, track, basketball, and football. He ran cross-country in college for two years and then entered FSU on a track scholarship. He has spent the past 25 years coaching both track and cross-country.

So far, I've kept you in suspense, but now it becomes more difficult for me.

So what the heck! Now I'll expose more of his life.

He received the 12th annual Night of Champions **Illuminating Lives Award** (2003) from Kids Incorporated.

He has received the **EVERYDAY HERO AWARD** from TMH for his outstanding contributions to this community (2004).

As a role model, he has mentored disadvantaged children from Leonard Wesson Elementary School by bringing one child at a time to his home or into the community or on a weekend outing.

He has taught at Leonard Wesson Elementary School as a P.E. Instructor, full-time, for 25 years. In that time, he never missed one day of school for any reason.

He has volunteered and worked with the TPRD summer programs for at least 15 years. I have had the pleasure of working side-by-side with him for many years at the Summer Evening Track meets.

He can be found at the starting line in his signature Lincoln green hat at every summer track meet. Ask any track coach at any level, and they will all tell you that all you have to do is ask, and he will be there to volunteer for you. He maintains friendships with his college running buddies, and he is a member of the FAT BOYS running group, who run together every single week.

It is with great pleasure, as a fellow Fat Boy, and friend, that I introduce our recipient of the Cleveland-Caldwell Advancement of the Sport award to Papa Clown...Coach Perry Shaw.

Jessie Close -- Inducted into Gulf Winds Track Club Hall of Fame, January 14, 2006

Tonight's Hall of Fame inductee is no stranger to a variety of race distances. From 800 meters to 50 miles, he can say "Been there, done that." Before talking about his road racing accomplishments over the past twenty years, I present Herb Wills, our Honoree's fellow cross-country teammate, to sum up the pre-Tallahassee road racing days.

"This year's Gulf Winds Track Club Hall-of-Fame Inductee is a runner I've known for quite a few years, more years than the track club has had a Hall of Fame. Back in the twentieth century, we both ran track at Leon High School, where he specialized in the half mile (in these degenerate times, this has been replaced by the 800 meters). This middle-distance background must still show, because years later, after what is now the Turkey Trot 15K, John Parker stared at tonight's Hall of Famer and finally asked him if he was a miler.

He graduated high school in 1977, a year ahead of me. I lost track of him until 1981, where I saw him running a 2:29:52 marathon at Savannah. Since high school, he had enlisted in the army where he discovered that he really loved to run, running not only marathons but a 50-mile run in Korea. No, Mr. Parker, he's really not a miler.

In the fall of 1981 he was enrolled at Florida State University, where he was part of the Seminole Cross Country team. 1981 was the year that FSU finished 8th at the NCAA cross country championships; the school's highest finish ever."

Our honored runner is no stranger to Tallahasseeans. He is probably the best known runner in town, if not by name, then by the picture-perfect running form hundreds of people observe as he glides along the busy roads of Tallahassee in his daily training run. Dr. Jim Story, director of the Rose City Run, says the photographers love him because it is impossible to get a bad picture of him. But, of course, those of us in Gulf Winds Track Club know him by name. In fact, if you've figured out who we're talking about, some of you are probably saying to yourself, "Gee, I thought he was already in the Hall of Fame," while the rest will be thinking, "Well, it's about time."

In over twenty years of competitive road racing in the Tallahassee area, he has had, and continues to have, outstanding racing accomplishments. Here are a few of them:

- He has won at least one time every Gulf Winds Track Club race he has entered. That includes the marathon and all distances down to the 5K.
- Between 1987 and 1992 he won the GWTC Grand Prix four times and finished 2nd once.
- Not surprisingly he has been our Runner of the Year, in 1989.
- He has won the Springtime 10K a total of five times, the Rose City 10K eight times, and he has crossed the finish line first at the Turkey Trot 15K six times. These wins do not all date back to his glory days of youth. In 2005 he had wins at Rose City and the Turkey Trot and no one would be surprised to learn he set 45-49 age group records while he was at it.

He loves running, and while he has not competed frequently over the past 7 or 8 years, and will seldom admit it, he is probably always ready for a race. Perhaps this is because his love of running includes some tough track workouts. Rex Cleveland tells of the time he arrived at the FSU Mike Long track when Jessie (everyone must know by now we could only be talking about Jessie Close) was finishing an interval session. Was he getting ready for a special future race? No, "I just like to do track workouts. They are part of my routine," was Jessie's reply.

Jessie's impressive running accomplishments alone no doubt qualify him for our Hall of Fame.

But his pure enjoyment of the sport and his dedication to maintaining a high level of fitness over the years amaze and impress us. When, after winning a race, he asks how our race went, we know his running goes beyond his own racing experience and is an avenue for sharing something meaningful to all of us, almost as if we were team mates in the race.

And his ability to balance his running with his dedication to his family and stay active in church activities truly inspires us.

Tonight, we are ready to welcome Jessie Close into our Gulf Winds Track Club Hall of Fame.

Jessie Close is not here tonight, yet. He and his family are on their way back from Gainesville. Accepting the honor for Jessie is his brother Billy Close. (To the audience's delight, Jessie arrived about an hour later.)

Presented by Mae Cleveland and Herb Wills

2005 Grand Prix Awards - By David Yon

Those who rush forward with such haste that they leave no time to recognize past good deeds and friends do so at peril of losing touch with their own soul.

The pace of today's world keeps us all so focused on the next project that it is often difficult to stop and reflect on what has been accomplished. Fortunately, GWTC has at least one day each year it dedicates to applying the breaks on the speed of life and gathering around mentor and historian **Bill McGuire** to recognize a few of the people who have achieved something special in our running community. Saturday, January 14, was the night for 2005 and it truly was special as one brother presented an award (Tri-Athlete of the Year) to his sister and another brother accepted an award (Hall of Fame) as his brother raced back from Jacksonville, hoping to make the ceremony. Below are award winners and some of the evening's highlights

HALL OF FAME - Jessie Close

Presented by **Mae Cleveland and Herb Wills**

There are few higher tributes than to have Mae Cleveland nominate you for an award. But that was only part of the magic in **Jessie Close's** induction into the GWTC Hall of Fame on Saturday. There was also his brother's, **Billy Close**, acceptance speech. Mae and Herb Wills gave us the amazing story. "Been there done that" at every distance from 800 to 50 miles. Jessie's 50-miler was run while in the army in Korea. He was part of the FSU cross country team that had the highest NCAA finish in school history. Some of his most notable achievements included:

But probably more important is the charisma this athlete projects, despite his incredible humility about all things. As MC **Bill McGuire** and Turkey Trot Race director **Mary Jean Yon**, have both (more or less) said: "When Jessie Close shows up for your race, it just elevates the entire event." I can't tell you how many times I have been asked by members of the community "who is that runner that I see..." and I can tell from the awe in their voice before they finish their questions that they are talking about the sculpted frame that glides around the streets of Tallahassee like some kind of Greek god. And then there was the standing ovation he received when he walked into the American Legion Hall late, but determined to get there despite having to drive all the way from Jacksonville where his son was competing in gymnastics competition. And finally, while he stood behind the podium,

temporarily rendered speechless by the spotlight, the entire crowd fell silent for the first time I can ever remember. Not a single person spoke as all eyes in the crowd turned to Jessie expressing their complete approval. Jessie's late arrival almost appeared to be scripted though as it opened the door for his younger brother Billy to accept the award on Jessie's behalf. His acceptance speech was truly one of the best I have ever heard and one more piece of evidence of the bond created between Jessie and his family and friends.

MALE RUNNER OF THE YEAR - Reid Vannoy

Presented by **Herb Wills**

Reid was also the Male Grand Prix winner and is a co-race director of the Palace Saloon 5K.

FEMALE RUNNER OF THE YEAR - Kirsten Baggett

Presented by **Laura Howard**

Kirsten was second in the Grand Prix standings to former Runner of the Year Sarah Docter-Williams and had a strong 2005 running season, including a Boston qualifying marathon effort at the Ultra. Laura Howard made a very moving tribute to her friend and training mentor.

BILL LOTT VOLUNTEER OF THE YEAR AWARD - Beth Alexander

Presented by **Nadine Dexter**

Beth was, I believe, one of the most surprised people at the awards ceremony and one of the most deserving. Nadine Dexter gave her version of how much Beth has meant to the beginning running classes and remind us all what a great job she has done as club secretary.

CLEVELAND-CALDWELL ADVANCEMENT OF THE SPORT - Perry Shaw - Presented by **Tom Perkins**

It would only make sense that one of the "fat boys" own would make this presentation to Perry Shaw. Coach Shaw has been a member of the Tallahassee running scene since before his days as a sub 4:10 miler at FSU. He has been the bedrock of the Thursday night summer track meets for at least 15 years and a mentor to many young runners.

RACE DIRECTOR OF THE YEAR - Kathy McDaris

Presented by **Felton Wright**

By the time Felton finished listing all the "firsts" Kathy has brought to directing this race, it was clear just how she had earned this award. The Red Hills Triathlon brings the club and Tallahassee great recognition throughout the southeast.

TRIATHLETE OF THE YEAR - Barbara McNeal

Presented by **Robert McNeal**

The other part of our "brother story", Robert McNeal was the perfect choice to present this award to his sister Barbara. Not only did he convey his deep love for her to the crowd, he had the "inside" scoop on her tremendous accomplishments in 2005 and before. And as Barbara said, "The only thing better than this award is having my brother present it."

COMMUNITY AWARD - U-Haul University Center (and Manager Malysa Baucum) - Presented by Judy Alexander

The U-Haul Center is a multi-year sponsor of Turkey Trot, providing a large truck that enables **Judy Alexander** and **Brian Corbin** to gather and deliver the tons of food and clothes the race participants bring on Thanksgiving Day.

NOTE: Full text of the award presenters is on www.gulfwinds.org

******SPECIAL AWARDS******

Pay it Forward Awards - These awards recognize special contributions above and beyond by GWTC members.

Tom Scott was recognized for his excellent photography.

Tim Unger was recognized for his outstanding contributions to the GWTC team racing efforts.

Track Athlete and World Masters competition:

Bill Tharpe was recognized for his outstanding achievement in national team racing efforts. Bill competed in the 100 and 200 meters.

Ultra Runners -

Danny Fortunas, Jeff Bryan and Gary Griffin were recognized for their outstanding achievements in completing 100 mile runs. **Danny Fortunas** did the Leadville Trail 100, which is all above 10,000 feet, in 29:50:57; **Jeff Bryan** completed the Arkansas Traveler 100 in 26:44:28 and **Gary Griffin** finished 21st in the US Championships at the Olander 100 in Sylvania, Ohio in a time of 21:45:39.

The GWTC Awards Committee for 2005 were:

Paul Ahnberg (Chair) (562-6171) runhikebird@comcast.net,

Lisa Unger (Vice Chair) 562-2901 ungertl@juno.com)

Jeanne O'Kon (894-2019) okon@raven.unr2.net

Jo Lena Pace (jolenapace@nettally.com)

David Yon (668-2236, david@radeylaw.com)

Jackie McDaniel will replace **Jo Lena Pace** in 2006 and **Lisa Unger** will serve as Chair.

Each year the Grand Prix Committee designates certain races as Grand Prix events. Any **current** GWTC members competing in a Grand Prix race are eligible to earn points. But to be **eligible for final awards they must enter and compete in, and turn in accurate, legible finish cards for at least three Grand Prix races**. Correct birthdates must be known to the Committee. The Grand Prix standings and races are published in the newsletter. Points are awarded as follows: **Open points:** In order of finish to the first 10 as follows: 30, 20, 17, 15, 13, 11, 9, 7, 5, 3.

Age-group points: Awarded to the top 8 as follows: 20, 15, 12, 10, 8, 6, 4, 2.

Children's Grand Prix: Runners age 14 & under at start of year earn points only in events of 5k or less in distance, in age groups of 9 & under, 10-14.

Finish places of non-GWTC runners are not counted. **Note:** Your age at the beginning of the calendar year is your Grand Prix age all year.

If you think there is an error in the scoring or if you have questions or suggestions, the Committee would appreciate hearing from you.

<u>GWTC Male Overall Winners</u>		
Reid Vannoy, Art Remillard, Tim Unger, Gary Droze, Eric Smith		
<u>Male Age Groups</u>		
1-9	Jobst Elster	55-59
Wayne Kiger		Tom Ratliffe
	35-39	Terry Tenold
10-14	Tony Guillen	Gordon Morgan
Wesley Schofield	Michad Martinez	Ronald Christen
Jacob Fortunas	Mike Labossiere	Terry Ryan
Joey Vannoy	Andy Robcrts	
Jamie Wright	JeffBryan	60-64
Travis Covert		Clint Watkins
	40-44	David Darst
15-19	Jay Silvanima	Bill Hillison
Justin Dickieson	Bill Mccord	Nick Yonclas
Chris Holland	Daniel Fortunas	George S. Palmer
Jared Black	Keith Rowe	
	Douglas Covert	65-69
20-24		Mike Schneider
Michad Pasquier	45-49	Rex Cleveland
Rick Page	David Yon	John Rakestraw
Scott Ruplinger	Hobson Fulmer	
	Felton Wright	70 -74
25-29	Jeff Nielsen	Bob Keller
Chris Sumner	Matthew F. Minno	Arthur B. Ward
Craig Christoffersen		Robert Morris
Zach Galloway	50-54	Bill deGrummond
Joe Crook	Jerry McDaniel	Jere Moore
Mike Mcgehee	Scott Mitchell	
	Craig Willis	75+
30-34	Mike Sims	Charlie R Yates
Scott Heath	Warren A Emo	Fred Deckert
Simon S. Sablin		John Alderson



Tim Unger - Team Racing



Proud Feet!

GWTC Female Overall Winners

Sarah Docter-Williams, Kirsten Baggett, Jane Johnson, Angela Dempsey, Seeley Lovett

Female Age Groups

1-9

**Cecilia Williams
Cheslyn Donaldson
Mackenzie Chesnutt
Caroline Dempsey**

30-34

**Laura Howard
Maria Vives
Jo Lena Pace
Lisa Whitworth
Birgit Cromartie**

50-54

**Cynthia Christen
Ruth Jones
Judy Shapiro
Nada Stauffer
Jan Blue**

10-14

**Samantha Fortunas
Danielle Jackman
Melissa J ackman
Georgia Mitchell
Lily Williams**

35-39

**Lisa Unger
Janine Thomas
Kaye Jaynes
Toma Wilkerson
Jennifer Britt**

55-59

**Nancy Widener
Susan Cornwell
Anne Priddy
Mary Stutzman
Karen Smith**

20-24

**Kristen Pasquier
Kristine Isom
Jill Page
KaraNewell
Katie Coleman**

40-44

**Loranne Ausley
Leigh Ceci
Connie Clarke
Beth Alexander
Julie Clark**

60-64

Perha Varley

65-69

**Mae Cleveland
Mary Lou Manausa**

25-29

**Christine Stabley
Christy Pardieck
Jamaa Bouhattate
Elizabeth Kelsey
Rita Tweed**

45-49

**Kathy Lindsay
Jacque Myers
Diana Jones-Ellis
Bonnie Wright
Cathy McCarty**

70-74

Margarete Deckert

75+

**Rosalie Myers
Josephine K. Newton**



King Perkins!



Jessie Close – Hall of Fame



Kirsten Baggett - Runner of the Year



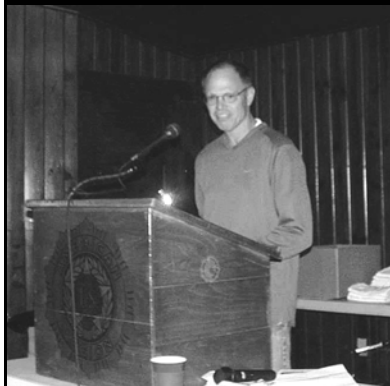
Barbara McNeal - Triathlete of the Year



Beth Alexander - Volunteer of the Year



Kathy McDaris - Race Director of the Year



Reid Vannoy - Runner of the Year



Perry Shaw - Caldwell Award for the Advancement of the Sport

Note: All new and renewing members must sign the waiver on this page. Don't forget to include a contribution to the GWTC Chenoweth Endowment Fund. Visit www.gulfwinds.org for more information on the Fund.

Today's Date _____ Sex (M, F) Birth Date: _____
Name _____
Street _____ Apt# _____
City, State _____
Zip Code _____ Phone _____
E-mail _____

Other Family Members joining? Please include name, sex and birth date below.

Membership Application _____ New _____ Renewal _____
Individual or Family Membership _____ \$20 or \$25
Amount of Chenoweth Contribution _____
First Class Option _____ \$5
Total Amount _____
Primary Member Signature _____

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Signature(s) of other members _____

(Parent must sign for members less than 18 years of age)
Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All memberships expire December 31. Full year dues are \$20 individual; \$25 family (1 address). During Apr-Jun: \$16.25 \$20. Jul-Sep: \$12.50; \$15. Oct-Dec: \$23.75; \$30 (Oct-Dec includes next calendar year). For First Class Mail add \$5 (\$3.75 Apr-Jun, \$2.50 Jul-Sep, \$6.25 Oct-Dec).

Gulf Winds Track Club P. O. Box 3447, Tallahassee, FL 32315
Gulf Winds Track Club Membership Card

Check here if you are renewing and your information has not changed.